

FIVE A DAY PROGRAM SURVEY FIVE A DAY THE NAVY WAY SEMPER FIVE A DAY

Age:									
Sex:									
Rank/Rate:	Category:	(Please check one)							
	□ Active Du	ty							
	□ Active Du	□ Active Duty Family Member							
	□ Reservist								
	□ Retiree								
	□ Retiree Fa	mily member							
	□ Other (Specify)								
2. Have you heard of the	program, "5 A Da	y for Better Health"?							
a Yes	Go t	Question 2a							
b No	(Sto	Here)							
c Don't	know (Sto	Here)							
2a. What does "5	a Day for Better	lealth" mean? <i>(Choose <u>only</u> one)</i>							
a	Five servings	of fruits and vegetables per day							
b	Logo of healt	education campaign to increase ea	ating fruits and vegetables						
c		vegetables to stay healthy	1						
d	Five food gro	•	- -						
e	Five health ha								
f	Don't know	:)							
g									
3a. About how many frui	ts are you curren	ly eating each day?							
b. About how many veg	jetables are you (urrently eating each day? +	Fit today for Tomorraw's Challenge:						
c.	Total fruits a	nd vegetables each day =	U. S. Navy						

4. The next seven questions provide a simple way to know how many servings of fruits and vegetables you normally eat. Please put an "X" in the box showing how often you ate or drank each of these items of food in the past month.

	About how often did you eat or drink these foods in the past month?									
Food item	Never	1 - 3 times per month	1 - 2 times per week	3 - 4 times per week	5 - 6 times per week	1 time per day	2 times per day	3 times per day	4 times per day	5 or more times per day
100% Orange juice or grapefruit juice										
Other 100% fruit juices, not counting fruit drinks										
Green salad (with or without other vegetables										
French fries or fried potatoes										
Baked, boiled or mashed potatoes										

	About I	About how many servings of these foods did you eat in the past month?								
Food item	Never	1 - 3 per month	1 - 2 per week	3- 4 per week	5 - 6 per week	1 per day	2 per day	3 per day	4 per day	5 or more per day
About how many servings of vegetables did you eat NOT counting salad or potatoes										
About how many servings of fruit did you eat NOT counting juices?										